



Herbal Legacy Healthy Living Cookbook

Addendum from Dr. Smith

The “Healthy Living Cookbook” is sponsored by the **Herbal Legacy of the late Dr. John Raymond Christopher**. Dr. Christopher was instrumental in both expanding and preserving the knowledge of herbal medicine, during the **Dark Age of Medicine** (i.e., 20th Century), when medical schools replaced herbal curriculum with pharmacology and drugs and surgery became the emphasis in Public Health Education. Dr. Christopher was responsible for the resurgence of herbal medicine the 1960’s. (continued page 2)

This Addendum provides some changes to a few recipes to make them as healthy as the others in this wonderful cookbook. As you use these recipes, your comments are appreciated.

Herbal Legacy Recipe Ingredients	Dr Smith Substitution List
Agave	Honey or Stevia (Refer Stevia Conversion Chart)
Baking Powder	Any Organic Baking Powder
Canola Oil	EFA Blend Liquid Oil
Flour	Oat Whole Grain Flour or Any Whole Grain Flour except for Wheat. Also, Use Whole Grain “Pastry” Flour when want a lighter vs. heavy grain flour. Example:
Milk, Evaporated or Soy or “Better Than Milk”	Almond Milk, Oat Milk, or Rice Milk
Salt or Sea Salt	Pink Salt from A. C. N. (A more mineral rich Sea Salt)
Sour Cream, Better Than	Organic Sour Cream – Health Valley
Water (Filtered, Spring, Distilled)	Reverse Osmosis Purified Water
Vanilla	Organic Vanilla (Frontier is excellent)
Vege-Broth Powder	Vegetable Seasoning Broth (Nature’s Sunshine Products)
Yogurt, Soy	Greek Goat’s Milk
Note: References to “Better Than Milk” or “Better Than Sour Cream” refer to specific recipes. However, Dr. Smith was unable to find these recipes.	

NUTRI SOUP

INGREDIENTS

1 bread slice (soaked and squeezed)
 2 tsp mixed sprouts
 2 tomatoes
 2 flakes garlic
 ½ tsp ginger juice
 ¼ tsp pepper powder
 ¼ tsp Pink Salt

For Garnishing
 1 tsp roasted curry leaves

INSTRUCTIONS

1. Cook the sprouts and the tomatoes separately till tender.
2. Remove the skin of the tomatoes.
3. Now blend the bread slice, cooked sprouts tomatoes, ginger, pepper, salt and garlic.
4. Add 1 glass of water and blend again.
5. Strain
6. Now boil the strained liquid for 5 minutes.
7. Serve hot, garnished with roasted curry leaves.

Because of the tomatos being cooked, use this recipe no more than twice a month.



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Dr. John Raymond Christopher (Naturopathic Doctor and Master Herbalist)

Biography Excerpts from his son, Dr. David Christopher, who continues his father's herbal legacy.

John Raymond Christopher was born in 1909 and called, Raymond. He nearly died of the croup, when a stranger appeared at the door, gave his father instructions on dealing with the phlegm, and announced that Raymond would have an important mission in life. His father believed this to be a vision and the family took heed.

Raymond suffered from Rheumatoid arthritis and was not expected by his doctors to last past the age of 35. His mother suffered from diabetes and dropsy and Raymond decided to become a doctor, preferably one that did not cut people open since he disliked the sight of blood. A chance meeting with a doctor who diagnosed using iridology and treated with herbs inspired him to learn naturopathic medicine, thus became a Naturopathic Doctor and a Master Herbalist. During World War II, He was Dr. Christopher was assigned to supervise a medical dispensary. As a Buck Private, he gave orders to pharmacists and therapists, all of whom outranked him.



He observed the limitation of pharmaceutical medicine and was confident that the natural cures he had been using could help people who were not being helped..

He was widely ridiculed by his commanding officer Major Shumate until, upon a dare, Dr. Christopher cured a soldier of serious impetigo by using black walnut hulls tinctured in rubbing alcohol. Upon the visible evidence of his success Major Shumate allowed him to set up a laboratory on the base and Dr. Christopher became the only practicing herbalist in the United States Army during World War II. His black walnut tincture was also used for fungus infection and jungle rot. When soldiers learned that Private Christopher could cure jungle rot, his patient load multiplied. Eventually this tincture was successful in curing scrofula, eczema, ringworm, shingles and chronic boils.

During his lifetime, Dr. Christopher created 50 herbal formulas, developed the now famous “**Mucusless Diet**” and “**Cold Sheet Treatment.**” His “**Cold Sheet**” **Treatment** has saved, and extended the life of a number of people on their death bed, in spite the fact that their physicians had sent them home to die. Dr. Smith has used a number of his formulas since 1975, when at the age of 24 and living in Spokane, WA, she personally met Dr. Christopher when she attended one of his herbal lectures, though it was years later that she realized its serendipitous significance in her own life's destiny. To this date, some of his herbal remedies and formulas are still being recommended by Dr. Smith in her **Health Chest (Updating Your Medicine To a Health Chest** e-book as they are priceless and timeless. Inspired by the effectiveness of Dr. Christopher's herbal knowledge, first for herself and then later in helping clients, Dr. Smith obtained her Herbalist degree from the same college Dr. Christopher attended for his.

Dr. Christopher did not die before the age of thirty-five, as the squadrons of physicians had predicted. His gentle practice of natural healing helped him overcome the chronic conditions he was born with, as well as the life-threatening injuries he sustained as a young adult. He succumbed instead at the age of seventy-three due to complications of a severe head injury. He had slipped on the treacherous ice outside his beloved Covered Bridge Canyon home, nestled in the mountains outside Spanish Fork, Utah. Hundreds of people attended his funeral, among them children, named John, Ray and Christopher by their grateful parents. Dr. Christopher, considered the nation's number-one authority on herbal medicine, had tens of thousands of people owing their health and even their lives to his work from the six-month-old blind baby whose sight was restored to the elderly asthmatic who was able to sleep in a bed for the first time in four decades.